

# DINNERLY



## Fan Fave: Sweet Tomato Beef Meatballs with Parmesan and Parsley Pasta

Serve up these marvellous meatballs in a rich tomato sauce and watch everyone dig in. For even more flavour, we've tossed the pasta with parmesan and parsley.



30 minutes



2 Servings



## WHAT WE SEND

- parsley
- 1 tomato
- 50g parmesan<sup>7</sup>
- 200g penne pasta<sup>1</sup>
- 2 chicken-style stock cubes
- beef mince

\* The remainder of this ingredient won't be used in this recipe.

## WHAT YOU NEED

- 2 garlic cloves
- 2 tbs olive oil
- 1 tbs tomato paste
- 2 tsp honey

## TOOLS

- medium saucepan
- box grater
- fine grater
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Milk (7). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 999kcal, Fat 49.0g, Carbs 80.5g, Proteins 58.0g



### 1. Prep ingredients

Bring a medium saucepan of salted water to the boil for the pasta. Finely chop the **parsley** leaves and stems, keeping them separate. Crush **2 garlic cloves**. Coarsely grate the **tomato** (see Kitchen hacks). Finely grate the **parmesan**.



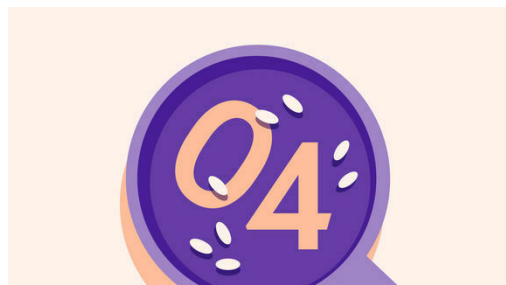
### 2. Cook pasta

Cook the **pasta** in the pan of boiling water for 10 mins or until al dente. Reserve **60ml (¼ cup) cooking water**, then drain the pasta and return to the pan. Crumble **1 stock cube\*** into a heatproof jug. Add the cooking water and stir to dissolve.



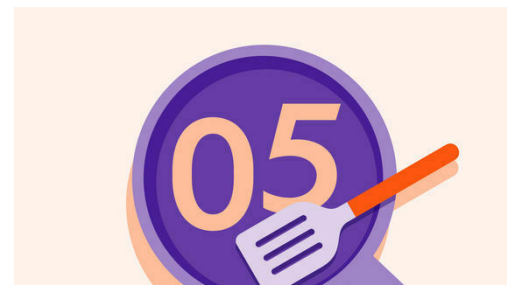
### 3. Make meatballs

Meanwhile, put the **beef mince**, **parsley stems** and **half the garlic** in a bowl and season with **salt and pepper** (see Kitchen hacks). Using damp hands, combine well, then shape into 1 tbs-sized balls.



### 4. Cook meatballs

Heat **1 tbs olive oil** in a medium frypan over medium heat. Cook the **meatballs**, turning, for 10 mins or until browned and cooked through. Add the **tomato**, **stock**, **1 tbs tomato paste** and **2 tsp honey** to the pan. Cook, stirring occasionally, for 5 mins or until the sauce is reduced. Remove the pan from the heat.



### 5. Serve up

Meanwhile, put the **parsley leaves**, **remaining garlic**, **three-quarters of the parmesan**, **1 tbs olive oil** and **1 tbs water** in a bowl, season with **salt and pepper** and stir to combine. Add to the pasta and toss to combine. Divide the **pasta** among bowls and top with the **meatballs and sauce**. Scatter over the **remaining parmesan** and enjoy!



### 6. Kitchen hacks

Grate the tomato over a bowl to catch the juice, then add the juice to the sauce with the tomato. ~ For meatballs with a lighter texture, add ¼ cup dry breadcrumbs and half a beaten egg to the mince mixture and combine well before rolling into meatballs.